

REL3020: Meditation and Spiritual Development; Section U01

Professor: **Dr Samani Chaitanya Pragya**

(305) 348-1000

Class Room: **OBCC 121**; Time: **01:00-01:50pm**

Office Hours: MW 012.00pm-12.50pm

Office: DM 320 C

OBJECTIVE

Twenty first century is the era of emergence of spirituality, Meditation & yoga. Students will explore the world of meditation, and know the scientific secrets of spirituality. The course is geared to acknowledging the meditations and its historical background with an emphasis on Jain meditation and other traditions. The students shall also get an opportunity to learn the varied techniques of meditation & transformative practices. The course is theory & practice oriented, leaning towards better healthy living. It promotes individual health & wellbeing which encompasses the health & wellbeing of all living beings around us and the world.

READING MATERIAL

Required Course Book for the Undergraduate: *Preksha Meditation: Theory and Practice* (available on [https://www.amazon.in \(Links to an external site.\)](https://www.amazon.in (Links to an external site.))\dp\B08185CWF7)

Required Course Book for the Graduate: *Mirror of the Self* (available on [https://www.amazon.in \(Links to an external site.\)](https://www.amazon.in (Links to an external site.))\dp\B0817QB47R0)

Apart from the afore-said course-books the articles from various sources will be made available online. The students are recommended to read the course book and articles before the class. Reading improves the class participation, which will be graded.

COURSE REQUIREMENTS AND GRADES

- **3 Class test** – 30 % (each 10 %)
 - **3 Discussions** – 10 %
 - **Class-Attendance** – 10 %
 - **Lived Yoga and Preksha Meditation Experience** in Bahamas during Spring Break 2020 through 4-days workshop from 24-29 February 2020, (50%) or term paper and term paper presentation 50% (25% each)
 - **Term Paper:** Term paper has three options; one is based on interview, others without it.
1. Interview any authentic person of any religious tradition about their Meditation practice. Write the interview with added research, study & your analysis on the same subject. More will be discussed in the class.

Or

2. The student can select any two types of Meditation or Traditions of meditation for their research. The topic for the paper must receive the approval of the instructor before it is submitted.

Or

3. Term paper may be based on the study of any of the key-books suggested for extra reading in the class. The books are: The Tao of Physics, Physics and Philosophy, Altered Trait, Spiritual Intelligence and The Power of Now etc.

For any of the above options write a detail research article with references. Develop a term paper with a minimum of 8 pages and no more than 10 pages in length, excluding the bibliography or works cited page and the cover page. This paper is formal and must be typed, not hand-written, in Times New Roman, font size 12 and double spaced. The margins should be 1-inch on all sides. APA, MLA, and Chicago Manual Style will be accepted. According to the style of choice, the student is advised to include footnotes or endnotes. A more thorough explanation of the term paper will be given during class. **The graduates are supposed to write the paper with a minimum of 12 and no more than 15 pages in length along with submitting reviews on any of the two keybooks.**

ATTENDANCE/PARTICIPATION POLICY: Attendance and participation are very important to this course. Students are expected to participate in class discussions. Attendance will be taken and I expect students to inform me of any prior commitments or emergencies that prevent them from attending. Students may be absent up to three times. A fourth absence will result in a loss of 15% from their attendance grade.

GRADING SCALE:

95-100 A

90-94 A-

87-89 B+

83-86 B

80-82 B-

77-79 C+

73-76 C

70-72 C-

67-69 D+

63-66 D

60-62 D-

59 – 0 F

PLAGIARISM POLICY

The following is the definition of plagiarism in the University's **CODE OF ACADEMIC**

INTEGRITY

Plagiarism: The deliberate use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, is guilty of plagiarism. Any student helping another to plagiarize may be found guilty of academic misconduct

(<http://www.fiu.edu/~oabp/misconductweb/1acmisconductproc.htm> (Links to an external site.)).

DAY	CLASS-SCHEDULE
Week 1 Jan 06 - 10	<ul style="list-style-type: none">• Introduction to Spirituality• Religion and Spirituality• Reception of Spirituality in Modern Times
Week 2 Jan 13-17	<ul style="list-style-type: none">• Introduction to Meditation• Why Meditate?• Pre-Requisites of Meditation
Week 3 Jan 20-24	<ul style="list-style-type: none">• Holiday on MLK Day• Food & Meditation• Practical Session
Week 4 Jan 27-31	<ul style="list-style-type: none">• Physical Exercises/ Asana & Yogic Kriyas• Breathing Exercises/ Pranayama• Practical Session
Week 5 Feb 03 -07	<ul style="list-style-type: none">• Mantra: Healing through Sound• Practical Session (Proposal Due Date 7th Feb)• Class-Discussion and Class-catch up
Week 6 Feb 10 - 14	<ul style="list-style-type: none">• Class Test 1• Levels of Existence I• Levels of Existence II
Week 7 Feb 17- 21	<ul style="list-style-type: none">• Video on "Spiritual Reality"• Relaxation/ Kayotsarg• Meditation on Breathing/Shvas-Preksha
Week 8 Feb 24-29	Spring Break

<p>Week 9 Mar 02-06</p>	<ul style="list-style-type: none"> • Meditation on Psychic Centers/ Chaitanya Kendra-Preksha • Colour Meditation/Leshya Dhyam • Practical Session
<p>Week 10 Mar 09-13</p>	<ul style="list-style-type: none"> • Anupreksha (Auto Suggestion & Contemplation) • Practical Session • Class Test 2
<p>Week 11 Mar 16-20</p>	<ul style="list-style-type: none"> • History of Jain Meditation • Haribhadra's Work on Yoga (Reconciling Yogas by Cristopher Key Chapple (p.18-38) • Practical Session
<p>Week 12 Mar 23-27</p>	<ul style="list-style-type: none"> • Buddhist Meditation/ Vipashyana • Documentary Shadow • Practical Session (Term Paper Due date)
<p>Week 13 Mar 30-Apr 03</p>	<ul style="list-style-type: none"> • Patanjali's Ashtanga Yoga • Hatha Yoga • Practical Session
<p>Week 14 Apr 06-10</p>	<ul style="list-style-type: none"> • Five Elements and Mudra (Postures) • Continued • Practical Session
<p>Week 15 Apr 13-17</p>	<ul style="list-style-type: none"> • Class Presentations with Practical demo • Continued • Continued
<p>Week 16 (Date to be announced)</p>	<p style="text-align: center;">Final Exam</p>

[Syllabus is subject to change]